

Sketchy Scale

You've been tracking your calories and macros all month... you've been exercising intently 6 days per week. Your jeans fit better than they have in the past year! You just KNOW you've lost a fair amount of weight and actually look forward to stepping on the scale to see just how much. Your feet hit that scale and the numbers finally reveal themselves: you've lost a grand total of 1 pound!

WHAT?!? How can this be?? You've worked so hard! Were your efforts all for nothing?

While the above scenario can definitely feel disappointing and bring about a sense of defeat, it's important to know that the scale isn't our only measure of success when it comes to getting healthier and losing weight. When we are *consistent* with healthy diet and lifestyle behaviors, there are important changes happening in your body that the scale can't measure.

1. Body composition

changes. Muscle tissue weighs more, but takes up less space, than fat tissue. Therefore, when we exercise, we lose fat and gain muscle which helps us look slimmer. The proof of this is in our body's measurements and how our clothes fit... changes not always seen on the mighty scale.

2. Cellular changes. We can't see or feel it happening, but according to a study published in the July 2016 issue of the Canadian Journal of Physiology and Pharmacology, aerobic exercise shifts oxygen supply from fat tissue to muscle tissue, which helps to decrease fat mass while increasing muscle mass. And, shifting the quality of the foods you consume can further help to support that new muscle growth while burning stored fat. This means you can burn more calories even while resting!

3. Changes in strength and stamina. Eating right and regular exercise makes us

stronger and gives us more energy overall. Your workouts might initially last only a few minutes. But, as you faithfully persist with those workouts, while mindfully eating a healthful, balanced diet, you will soon find that you not only can workout for longer periods but the intensity of those workouts can increase, further improving your level of fitness.

While losing weight should ultimately include a downward trend in the number on the scale, don't let that number be *the* sole determining factor in whether you're succeeding or failing at reaching your goals.

Over time, your diet and exercise regimen may need some tweaking for you to continue to lose pounds. But, remember, the number on the scale is only *one* piece of the puzzle. The inches you lose, the way your clothes fit, and the activities you can do with ease are all equally important measures to consider as you journey toward better health!

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Focus on Fitness by Danielle Campbell, Hurley Community Wellness

Practical Reasons for Physical Fitness



Do you find it physically challenging to accomplish your daily tasks? Exercising can help. Physical activity has many

benefits for your body; such as helping you complete your daily tasks with ease. By developing and maintaining your physical strength and fitness, you will improve your balance, agility, and stamina.

Stability is very important, and balance exercises can help prevent falls and avoid injury as well as increase your range of motion, making it easier to bend, stretch, twist, and move.

Balance exercises can be done just about anywhere and are relatively low impact. Try standing on one foot, planking on the floor, walking heel to toe, or walking in a straight line with one foot in front of the other.

Additionally, cardiovascular exercises will help to improve your stamina and endurance. Walking, swimming, bike riding, and group fitness classes are great examples.

Lastly, strength training can help you to lift heavier objects, push and pull things easier and be generally more agile. Try some of these exercises and begin to see small improvements in your everyday life.



Nutrition Notes by Jennifer Traub, RD

Bariatric Bones

Did you know that your risk for bone fracture is doubled following bariatric surgery?

The understanding used to be that excess weight protected bones from fracture. But, we now know that even prior to having weight loss surgery, many overweight people have less-than-ideal bone density due to nutrient deficiencies caused by a poor quality diet and lack of proper vitamin and mineral supplementation.

The weight loss that occurs following surgery can further affect bone density, which is the reason the risk of bone fracture increases. This is why it is so important to take appropriate vitamin and mineral supplements and have lab levels checked routinely after surgery.

How much nutrient supplementation you need will depend upon the procedure you've had and your

body's absorption of individual nutrients. While magnesium and other fat-soluble vitamins play a supportive role in bone health and are generally found in quality multivitamin products, the primary nutrients of concern when it comes to bone health are calcium & vitamin D.

The latest guidelines for calcium and vitamin D supplementation from the American Society for Metabolic and Bariatric Surgery are as follows:

Calcium: total intake (from food and supplements) of 1200-1500 mg per day, in divided doses

Vitamin D: at least 3000 IU per day to maintain appropriate lab levels

While relying on supplements is absolutely necessary to meet your nutrient needs following surgery, it's helpful (and delicious!) to include foods that are rich in these nutrients in your diet. While there are varying amounts of calcium and vitamin D in

foods, it all adds up!

Calcium-rich foods:

- Low-fat dairy products
- Dark, leafy greens
- Almonds
- Broccoli
- Butternut squash
- Sweet potatoes
- Molasses
- Oranges

Vitamin D-rich foods:

- Fish, such as herring, mackerel, catfish, and salmon
- Fortified foods such as dairy products, soy milk, almond milk
- Egg yolks

Check out the recipes on page 3 of this newsletter for some tasty ways to include some of the above foods into your diet.

By focusing on good nutrition and following up regularly with your bariatric team, you CAN have strong, healthy bones and a healthy body after bariatric surgery!

Spotlight on Success



**Todd
After Gastric Bypass**

In September 2016, I had the Roux-en-y Gastric Bypass procedure done. I was at my heaviest weight, 385 lbs, one week before meeting with the team at Hurley Bariatric Center. My pre-surgery weight was 343 lbs. I have since lost 155 lbs and have not weighed this little since I was 14 years old! I am currently 41!

My life has positively changed far beyond what I could have imagined. My feet no longer constantly hurt, I feel wide awake, and my depression is considerably better. I no longer dread looking for clothes that fit as my pant size went from a 52-inch waist down to a 30-inch waist!

There are many things I attribute my success to. First and foremost, my medical providers, both the staff at Hurley Bariatric and my primary physician, Dr. Doug Benton. Both were constantly giving me positive motivation, as well as providing helpful information and guidance. They answered questions almost before I knew I had them!

Another group I give credit to is my family, both at home and at work. They have supported me emotionally since day-one. I can never thank either of these groups enough for the support they so willingly gave me. Without them, I could not have had the discipline to stay focused on following

**“THIS TOOL,
SURGERY, HAS
CHANGED MY LIFE
FOREVER...”**

my meal plans to the exact letter, sticking with my exercise routines, and reading all the information I could get my hands on. Personal dedication, drive, and a desire to change your lifestyle permanently are required for success!

This tool, surgery, has changed my life forever and I have every intent to continue down this journey, never looking back or returning to old habits.



**Todd
Before Gastric Bypass**

Hip Happenings



FREE Post-op Refresher Course for Hurley Gastric Bypass & Sleeve Patients!

10/26/17
3PM

6140 Rashelle Drive, Flint

Call 810-262-2330 to pre-register for this once-monthly class designed to review bariatric basics, common post-op pitfalls, and solutions to help you get, and stay, on-track!

Support Group:

A medically-supervised support group meets the 1st Monday* of every month from 5:30-6:30PM at Hurley Bariatric Center.

A peer-run Support Group meets the 3rd Monday of the month at Flint's Central Church of the Nazarene. Contact Charles Nelson 810-715-1202 for details.

*Support group schedule subject to change in the event of a holiday.



Online Seminars are Here!



Hurley Bariatric Center offers bariatric seminars online! For those who are interested in learning more about bariatric surgery, and what Hurley has to offer, they can do so from the comfort of their own home!

If you know anyone who may be interested in surgical weight loss options, tell them about us! They can watch our free online seminar or register for one of our free live seminars at:

<http://www.hurleymc.com/services/bariatric-center/attend-a-seminar/> OR by calling 810-262-2330.

Recipe Round-up

Baby Kale, Butternut, & Chicken Salad

Yield: 1 serving



Ingredients:

- 1 teaspoon extra-virgin olive oil
- 1 teaspoon apple cider vinegar
- 1/2 teaspoon molasses
- 1/4 teaspoon Dijon mustard
- 1 cup baby kale
- 1/2 cup diced peeled butternut squash, roasted
- 2 tablespoons red bell pepper strips
- 1/8 teaspoon kosher salt
- 1/4 cup boneless rotisserie chicken breast, shredded

Directions:

Combine oil, vinegar, molasses, and mustard in a small bowl. Arrange kale on a plate or in a container; top with remaining ingredients. Top with molasses mixture.

Nutrition information per serving:
184 calories, 10 g fat, 12 g carb, 11 g protein

Spice-Rubbed Roasted Salmon

Yield: 8 servings

Ingredients:

- 1/2 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon paprika
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground black pepper
- 1 (2 1/4-pound) skinless salmon fillet
- 2 cups thinly sliced onion
- Cooking spray

Directions:

Combine first 6 ingredients; rub spice mixture evenly over fish. Place onion in an 11 x 7-inch baking dish coated with cooking spray. Place fish on top of onion; bake at 400° for 20 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.

Nutrition information per serving:
143 calories, 2g fat, 4g carb, 27g protein



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<http://www.hurleymc.com/services/bariatric-center/>